**IMPROVED SERVICES INITIATIVE EMAIL UPDATE**
This is an email update for NSW Improved Services Initiative grant recipients.

Contact Sarah Morrison if you have problems viewing this update, would like to be added or removed from the distribution list or have items to include in the next edition.

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**NOTICE BOARD**

► *Youth Development and Support Program 2010-2011*

The Youth Development and Support Program is a national program designed to provide financial support to non government, not for profit organisations to deliver practical and innovative opportunities for young people. The Program funds eligible organisations to support initiatives that inspire and encourage young people aged between 12 and 25 years to develop skills and connections within their communities. Applications will close on 9 July at 5pm. [Click here](#) for more information.

► *Mental Health Month – Grants*

The Mental Health Association NSW, with funding from NSW Health, offers a number of small grants to assist the staging of mental health promotion activities during Mental Health Month (MHM) 2010. A number of grants will be offered to projects specifically targeting culturally and linguistically diverse (CALD) communities. The theme for MHM 2010 is, *Building Resilience – Good friends help us bounce back.* Applications close on 23 July at 5pm. [Click here to download Starter Kit](#).

► *OPTUS Connecting Community Grants Program*

Grants of up to $5,000 for not-for-profit organisations are available in three priority areas:

1) Building social inclusion by providing access to communications
2) Building social inclusion by connecting disengaged communities
3) Supporting disengaged youth by improving their education, life skills and knowledge

Applications close 30 July, [click here for more information](#).

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**CALENDAR**

**NADA Events**

► *ISI Grant Recipient Forum*

**Thursday 15 July, Australia Technology Park**

This forum will be facilitated by John Mendoza and theme for the day will be sustainability. John Mendoza has a wealth of experience in both the mental health and AOD sector. NADA encourages both ISI Project staff as well as a member of senior management (e.g. CEO, service manager) from each organisation to attend, if possible. Please RSVP to Sarah.

► *NADA/MHCC Research Into Practice Conference*

**Monday 6-7 December, Manly Pacific Hotel**

**Other Events**

► *NSW Rural Early Psychosis Forum*

**22-23 July, Orange**

[Click here](#) for more details.
► International Youth Mental Health Conference
29-30 July, Melbourne Victoria
Click here to learn more about the first international youth mental health conference.

► 11th International Mental Health Conference – Anxiety and Depression
18 – 20 August, Surfers Paradise, QLD
Click here to download the conference program.

► The Mental Health Services (TheMHS) 20th Annual Conference '20 years strong and now a renaissance'
14 -17 September, Sydney Convention and Exhibition Centre Darling Harbour Sydney
Click here for more information about the TheMHS conference.

► Creating Futures 2010 – Harnessing creativity and social enterprise for mental health and wellbeing
20-23 September, Cairns, Far North Queensland
For more information, click here.

► Rural and Remote Mental Health Symposium
29-30 September, Brighton-le-Sands
Program streams include: building capacity through NGO and clinical partnerships, service accessibility, delivery and networks in rural mental health and Indigenous mental health issues, from policy to treatment delivery. Click here for details.

TRAINING

► Strength Based Practice with Challenging Clients
5-6 July, James Fletcher Hospital
This two day workshop is a skill based strengths training that focuses on skill building for direct practice. Seven (7) modules will be presented over the two days, utilising multimedia presentations, interactive lectures and facilitated small and large group exercises. Click here to register.

► Issues in Indigenous Health Research
19-22 July, Menzies School of Health Research, NT
This four day course, presented by the Menzies School of Health Research, provides an overview of specific Indigenous health research issues. There will be critical examination of the practices associated with research, particularly in Indigenous health frameworks. The course will also examine Indigenous definitions and articulation of issues and control of the research process. For more information, click here.

► Implementing and Sustaining a Quality Management System
21 July, Sydney
This one day practical workshop provided by the Australian Council on Healthcare Standards (ACHS) will help your organisation to set up or update your quality improvement systems. Click here for more details.

► Emotional Intelligence and Mental Health: Implications for Clinical Practice
22 July, VIBE Hotel North Sydney
This one day professional development workshop describes the content and structure of the Emotional Intelligence program at Swinburne University Research Unit and will provide suggestions on how to apply this knowledge in organisations and clinical settings. Click here to access more information.

► Applied Suicide Intervention Skills Training (ASIST)
29-30 July, Wesley Mission, 220 Pitt St, Sydney
Livingworks ASIST training is an internationally standardised workshop designed to skill people to respond to a person at risk of suicide and maximise capacity to keep them safe. To register to attend this workshop or find out if there is a workshop in your local area, click here.
► Introduction to Cognitive Behavioural Therapy  
29 July, VIBE Hotel North Sydney  
This workshop will provide an introduction to the strategies and practical processes of understanding and implementing cognitive behavioural treatment programs for people with depression, anxiety and pain. Click here to download a program for the day.

► Solution Focused Suicide Prevention  
5-6 August, Sydney  
The Preventing Suicide Using a Solution Focused Approach workshop, will include ways to use Solution Focused techniques to generate seeds of hope and demonstrate techniques for answering the traditional suicide “risk assessment” questions without losing a Solution Focus. Click here for details about the training.

► Partnering with Consumers to Achieve Quality Outcomes in Healthcare  
10 August, Sydney  
Stephanie Newell, Consumer Advocate will share practical and innovative ways which have been used to involve consumers in healthcare quality. Click here for more information.

► Acceptance and Commitment Therapy Workshop  
12 August, VIBE Hotel North Sydney  
Click here for more information.

► Motivational Interviewing for Enhancing Intrinsic Motivation  
University of Sydney  
Session 1: Introduction  
Monday 22 November | 9.30am–1pm  
Session 2: Workshop  
Tuesday 23 & Wednesday 24 November | 9am–4pm  
Click here for more information.

► SmokeCheck  
SmokeCheck is a one day training workshop for all health workers working with Aboriginal clients in brief intervention. The SmokeCheck workshop aims to train health workers to help clients make informed decisions about their smoking and support them in their quit attempts. The workshop is free of charge and fully catered and each participant receives a pack of resources and a certificate of participation. Click here for more information.

RESOURCES

Mental Health and Substances Use: Dual Diagnosis Journal June 2010

Small, L. F., Use of mental health services among people with co-occurring disorders and other mental health co-morbidities: employing the Behavioural Model of Vulnerable Populations. Volume 3 (2) June, pp 81-93.

Cameron, J., Lee, N. and Harney, A. Changes in attitude to, and confidence in, working with comorbidity after training in screening and brief intervention. Volume 3 (2) June, pp – 124-130.


Substance Use & Misuse Journal

► *New Multicultural Mental Health Australia Website*

Multicultural Mental Health Australia (MMHA) has launched a more user-friendly website to help reduce stigma around mental illness in Australia’s culturally and linguistically diverse communities. The new website will make it easier for people living with a mental illness and their carers to access fact sheets about suicide prevention and mental health in 21 languages. The website also contains information about relevant government policies, as well as opportunities to lobby and raise awareness through consumer and carer groups. [Click here](#) to visit the site.

► *Centre for Mental Health Research E-hub*

E-hub is an initiative of the Centre for Mental Health Research at the Australian National University. e-hub develops and evaluates websites that deliver psycho education and psychological interventions for common mental health problems, as well as clinical and consumer networking. A range of the e-hub’s projects have explored the importance and quality of health information on the Internet, and the use of the Internet for disseminating public health information on depression. [Click here](#) to visit the e-hub.

► *Mental Health Medication Website*

This website offers information about medications used in mental health settings to help people make informed decisions about medication. To visit the website click [here](#).